

HOOVER

RECREATION CENTER GROUP FITNESS SCHEDULE

EFFECTIVE SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
5:15 CYCLE Mike	5:15 CYCLE Mike	5:45 CYCLE Laurie Mayson	8:30 WATER FITNESS Beth Pool	5:15 CYCLE Mike	8:45 CYCLE/ FLEXIBLE STRENGTH Suki	
8:30 CYCLE MaryBeth	8:30 CYCLE Sara	8:00 YOGA Gay Horizon Room	8:30 ZUMBA Tresa/Beverly AR	8:30 ADVANCED STEP Beth AR	8:45 WEEKEND WAKE-UP Gay AR	
8:30 WATER FITNESS Pam Pool	8:30 WATER FITNESS Beth Pool	8:15 SENIOR PILATES Senior Center	8:45 CYCLE Cindy	8:30 WATER FITNESS Pam Pool	10:00 ZUMBA Pam/Beverly AR	
8:30 Cardio-Pump, Plyo, Resist Gay AR	8:30 ZUMBA Pam AR	8:30 WATER FITNESS Serina - Pool	9:35 BODY SCULPT MaryBeth AR	9:00 EXERCISE II Senior Center	10:15 YOGA Suki Horizon Room	
9:00 EXERCISE II Senior Center	8:45 YOGA Stacy Horizon Room	8:30 M.A.X Christie AR	10:30 TONE, BALANCE STRENGTH-Sr. Center	9:35 YOGA CORE CHALLENGE MaryBeth HR		
9:40 POWER YOGA Gay AR	9:45 BODY SCULPT Beth AR	9:10 PILATES Stephanie HR		10:30 SR EXERCISE I Senior Cener		
10:30 YO-LATES Stephanie HR		10:30 SR EXERCISE I Senior Center		11:00 CYCLE Kathy		
10:30 SR EXERCISE I Senior Center		11:00 CYCLE Laura F.				
11:00 CYCLE Sara						
AFTERNOON / EVENING						
4:45 Zumba/REFIT Beverly AR	4:30 CYCLE Suki	5:00 CARDIOLATES Bill AR	5:00 ABS Randy AR			3:00 CYCLE Valerie/Theresa
5:30 PILOGA Paige Horizon	5:00 ABS Randy AR	6:00 CYCLE Suki	5:30 FINAL CUTS Randy AR			
5:45 CORE TO THE FLOOR Suki AR	5:30 FINAL CUTS Randy - AR	6:00 YOGA Paige Horizon Room	6:35 ZUMBA Suki AR			
6:00 CYCLE Penny	6:30 Zumba/REFIT Beverly AR	7:00 CORE TO THE FLOOR Suki AR	6:35 CYCLE Jeff			
6:20 TOTAL BODY CHALLENGE Suki AR						

HOOVER

GROUPFITNESS CLASSDESCRIPTIONS

ZUMBA This class combines Latin music with salsa, meringue, and other dance moves for a fun cardiovascular workout. It is great for strengthening the abdominal area. Come join the party!	ABS This class is designed to tone and strengthen the abdominal area. Instructors will take you through <u>30 minutes</u> of solid abdominal work that guarantees to bust your gut.
WATER This popular exercise class will continue throughout the year. Wet vests are provided and are used in the deep end.	M.A.X. HI-LO A Maximum Aerobic Expenditure class designed to burn maximum calories by combining a hi-lo impact aerobic class with intervals of strength training.
CORE TO THE FLOOR (30 minutes) Plank, plank, and MORE PLANK! This class will focus on core work, back, and other large muscle groups. It will be a challenging workout, come prepared to work!	ADVANCED STEP Come and burn some calories with this fun class. This hour consists of a <u>high choreographed</u> class with an advanced sequence of movements of motion and form on the step.
CARDIO-STEP A challenging yet fun class that will take your heart rate close to an anaerobic state and then bring it back to recovery working phase. The frequent starts and stops of interval training using the step allow the body to increase the amounts of stress it can handle, improving recovery time.	YO-LATES A blending of Pilates and Yoga. Improves balance, core strength, and flexibility. The last 10-15 minutes will have relaxation techniques to finish. <u>This class is a 75 minutes class.</u>
FINAL CUTS This unique class of science-based body sculpting techniques will combine weights, rubber resistance, balls, and bands to optimize muscle conditioning efficiency. This class provides strenuous yet fluid movements that simultaneously improve muscular strength and endurance for a complete body workout.	PILOGA NEW CLASS!! This 75 minute class is the combination of Pilates and yoga to build strength and tone your muscles while improving flexibility and fostering mind and body harmony. Classes tend to start off with Pilates exercises, then move to yoga positions, then finish with extra core work.
CYCLE An indoor studio cycling class. This class is designed for any fitness level, beginners thru advanced. You set your own pace! Experience rolling hills, mountain climbs, or flat fast courses. Set to great music for a quad-burning good time! Pick up a cycle ticket at the Welcome Center desk no earlier than 30 minutes before class start time. Please be early or on time or also.	PILATES Fitness based (<u>75 minutes daytime class</u>) mat classes will cover the basic principles and traditional exercises of Pilates. You will learn correct body alignment and technique, appropriate breathing, muscle control, body and postural awareness, how to engage the core muscles that support, strengthen, and stabilize the spine and pelvis, and how to coordinate breathing with movements. The progression will include modifications and more challenging versions of each exercise.
Zumba/REFIT This is a "one size fits all" kind of fitness class. Cardio. Toning. Flexibility. Balance. Stretching. You'll get it all with this total body workout while experiencing exhilarating energy and enjoying rockin rhythms.	CYCLE - FLEXIBLE STRENGTH This <u>hour and fifteen minute</u> class combines a fun-filled cycle ride with a program blending endurance, strength, and flexibility. Pick up a cycle ticket at the Welcome Center no earlier than 30 minutes before class start time.
TOTAL BODY CHALLENGE This class is a combination of cardio and strength. It involves interval training through cardio and weight training segments. May involve use of step for drills, weights, bands, and anything else to get a total body workout!!!	STEP INTERVAL Increase your cardio capacity while building lean muscle. Using the STEP allows you to work at a consistent level of intensity, maximizing your cardiovascular conditioning. Additionally, there will be intervals challenging muscle strength while building muscular endurance.
YOGA This dynamic class balances strength and stretches. You will learn flowing patterns and controlled variations of the different yoga postures to develop a powerful and graceful body.	BODY SCULPT Cap off your cardio with resistance training. This class includes weights, tubes, bars, etc. for a well rounded body toning workout.
SENIOR EXERCISE I (Gentle Aerobics) This class features stretching exercises, low impact aerobics, and chair exercises while using exercise bands. Participants are encouraged to wear tennis shoes or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCE ONCE DOORS CLOSE).	YOGA CORE CHALLENGE Integrate the benefit of yoga with the advantages of muscle conditioning for a strong, well-aligned body. During class you will alternate a series of yoga postures with free-weight lifting. With these highly effective movements, you will release tension, loosen your joints, and develop strong, flexible muscles.
CARDIOLATES 60 minute class consisting of 30 minutes of challenging kickboxing and step routines, followed by 30 minutes of Pilates core strength routines and stretching.	YOGA (Saturday mornings- 75 minutes) Great class for beginners and intermediate level!! This class stays to the format of traditional yoga; working through a series of posing. Participants will be working on flexibility, balance, and strength.
WWW (Weekend Wake Up Workout) This class includes a wide variety of cardio, step, weights, and abs. Great combo to start your Saturday off well!	CPPR (Cardio - Pump, Plyometrics, and Resistance) This class includes high/low impact aerobics, step, core, and muscle conditioning.
STONE, BALANCE, & STRENGTH Good compliment to SENIOR EXERCISE I and II for any senior. An intermediate class for various levels of ability. (NO ADMITTANCE ONCE DOORS CLOSE).	SENIOR EXERCISE II (Aerobics Plus) This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. Participants are encouraged to bring a towel and wear tennis shoes or non-slick bottomed shoes in the exercise classes. (NO ADMITTANCEONCE DOORS CLOSE). <i>*If you are a new participant you must meet with the instructor prior to the class</i>